

MAKE ROOM FOR ONE LITTLE MOMENT

Our Gentle Calm Plan

Make a small, practical plan together before a difficult moment: a signal, two choices and someone nearby.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

I might want help when...

My help signal

Two things I would like to try

Company, a familiar toy, drawing, a quieter place together, or my own idea.

Who can help? Who is our backup?

Our place / familiar thing / afterwards

USE THE PAGE TOGETHER

A note for the grown-up

No correct answers, finished pages or personal stories required.



Point, draw, talk, ask a grown-up to write, or pass. Your page can stay private.

Words to borrow

"This is hard. I'm here. I'll help keep everyone safe." Offer two familiar choices and allow time. Do not demand a full explanation.

A little example

Signal: show my card. Place: the chair beside the bookcase. Choices: hold my rabbit; have my grown-up sit nearby.

Afterwards

Offer practical repair without requiring an apology on demand: "Shall we check on your friend or rebuild together?" Adults can repair too: "I shouted. I'm sorry. I'll try speaking more quietly."

Stay available. A quieter place must not become a punishment. Keep words brief during an upset: "This is hard. I'm here. I'll help keep everyone safe." Touch, breathing and talking are optional.

Original activity informed by: NHS: Helping your child with anger (reviewed 5 September 2026). Not endorsed by the source organisation.

Guidance and support: littlewoodlandsfeelingslab.digidantai.com/support